



# Battlefield Wings

Chapter E  
Fredericksburg, Va

Region N      GWRRA  
[www.battlefieldwings.com](http://www.battlefieldwings.com)

## CHAPTER STAFF



April

2005

Next Meeting

April 20th

**Chapter Directors** – Jim & Bev Travis 804-224-8051 [jetravis@juno.com](mailto:jetravis@juno.com)  
**Assistant Directors** – Mike & Keri Nelson 540-720-6021 [wingvae@sprintmail.com](mailto:wingvae@sprintmail.com)  
**Chapter Educator** – Gordon & Julie Combs 540-891-0574 [gorcom@msn.com](mailto:gorcom@msn.com)  
**Treasurer** – Debbie Carter 540-659-7273 [mwcdeb@aol.com](mailto:mwcdeb@aol.com)  
**Secretary** – Jennifer Carter 540-659-7273 [tiburontootsie@aol.com](mailto:tiburontootsie@aol.com)  
**Newsletter Editor** – Kathy O'Neal 540-371-9296 [joflute@cox.net](mailto:joflute@cox.net)  
**Web Dude** – Rob Hardisty [webdude@battlefieldwings.com](mailto:webdude@battlefieldwings.com)  
**Friendship/Phone Tree/Welcome Committee** – Linda Jones 540-898-4111  
[bohlinda1@adelphia.net](mailto:bohlinda1@adelphia.net)  
**Chapter Goodies Coordinator** – Richard Wilson 540-899-2375  
[richwil97@earthlink.net](mailto:richwil97@earthlink.net)  
**Technical Coordinator** – Greg Kestner 540-439-2408 [kgkestner@erols.com](mailto:kgkestner@erols.com)  
**E-Mail Coordinator** – Karen Kestner 540-439-2408 [kgkestner@erols.com](mailto:kgkestner@erols.com)  
**2005 Chapter Couple/Ways & Means** – Dan & Martha Jo Fritz  
540-286-1142  
**Chapter Photographer** – Ron Hardisty 540-207-0626

### **Ride Coordinators**

Dave Calahan 540-786-6168  
Frankie Chapman 804-633-7331  
Gordon Combs 540-891-0574  
Bob Dorminey 540-752- 6661

Ed Hoferkamp 540-898-7258  
Greg Kestner 540-439-2408  
Mike Nelson 540-720-6021

### Table of Contents

Chapter Director	2
Chapter Educator	3-5
Chapter Couple	6
Around GWRRA	7
<u>Chapter E Happenings</u>	
Birthdays/Anniv.	9
Travel News	10-11
Advertisers	10-13
Upcoming Events	12

**Come to our Chapter  
meetings the 3<sup>rd</sup>  
Wednesday  
Of Each Month**

**Dynasty Buffet  
Four-Mile Fork**

**Meet at 6:30pm to Eat  
Meeting begins at  
7:30pm**

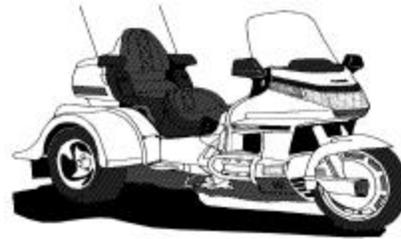
### **2005 COY**

Dan & Martha Jo  
Fritz



## Chapter Director News

## Jim &amp; Bev Travis



**Jim and Beverly Travis**  
**Chapter Directors**  
**GWRRA Virginia Chapter E**  
**“Battlefield Wings”**

Here we are, spring has sprung and all the chapter functions have just begun.

Beverly and I traveled down to the Chapter B “Polar Bear Run, at the Hampton Roads Executive Airport in Chesapeake. It started out a little chilly but as the sun peeked out it started to warm up. Of course, if you ate the homemade chili they were serving, you were definitely warm on the inside. At some of the other functions that we have attended where chili was served, I have heard comments that there wasn’t enough zing in the chili, well let me tell you the zing was definitely in the chili there. The lovers of zesty chili were in chili heaven. By the way, the hot dogs were good as well.

From Chapter E, Sharon Brooks, Tony and Tracy Boone with Katelyn, showed up to join in the fun and games. We had a great time playing the games and looking over the multitude of motorcycles that were there. Tony’s brother came by and had such a great time that he decided to join GWRRA and hook up with chapter B. Tony’s father came by to look at the motorcycles and browse around. He decided to look into buying a Gold Wing and join in the fun of GWRRA (He picked up a 1998 SE three weeks later).

We are looking forward to all the picnics, poker runs and get togethers that the year will bring.

Hope to see you all there,

Jim and Beverly Travis  
Chapter Directors VA -E



## TARGET FIXATION



**Q** I've heard quite a lot about something called target fixation, but I don't know what it is?

**A** Target fixation is the state we find ourselves in when we can't drag our attention away from a hazard on the road. It nearly always occurs when the rider is worried, often about hitting something like a car, running out of road in a corner or riding over a patch of diesel - that's why we look at it.

**Q** But it seems obvious to me that if there is something dangerous in front of you, you ought to look at it?

**A** Obvious - but wrong! Right from basic training we tell trainees "you go where you look".

**Q** Alright, so the basic theory is to look where you want to go, but why does this work? We can't steer the bike with our eyes so what do you mean?

**A** Given half a chance, any hazard will grab the whole of our attention, and instead of finding a way out of trouble we freeze and go deeper into it. Essentially this is a passive reaction to a hazard.

Instead of thinking of what we don't want to do, such as hitting the car, the diesel in the road or running wide in the corner, we should concentrate instead on what we want to achieve. We need to deliberately choose to focus and ride on the safe route which allows us to negotiate the hazard with the least possible risk.

If a car does pull out in front of us, look to see if you can pass ahead or behind rather than at the driver's door. If there is a diesel spill in the road, look at the bit of road surface that is clear rather than the slick. If we are running into a bend a bit too hot, look as far ahead up the road to the limit point rather than the hedge and steer the bike to it.

What we want is to grab control of the situation and be proactive in finding a way out of trouble.

**Q** I still don't get this. Surely it's easy to avoid a hazard?

**A** It's surprisingly difficult and it helps if we understand a bit about the way the mind works under stress. Keith Code has the answer. Target fixation is what he calls a Survival Reaction, where rational decision-making is overwhelmed by an instinctive reaction to danger - for instance banging on the brakes when we see a slippery surface.

After the event, often when we are picking up the bike, it's blindingly obvious it was a stupid thing to do, but the instinct to slow down when suddenly confronted with a slippery surface is incredibly hard to overcome because the brain is hardwired to avoid danger. Unfortunately,

these reactions evolved several million years before we started riding and are usually completely inappropriate.

Other survival reactions include ineffective braking, ineffective throttle control and frozen steering.

**Q** OK, so I know I shouldn't, but I still can't seem to do anything else but look at what I'm going to hit?

**A** Whilst all the advice to look away from the hazard is valid and valuable, to prevent the instinctive survival reaction from overwhelming our planned riding, we need to know and recognize the trigger events - ie. what state of mind sets off the survival reaction in the first place.

At the most basic level it's fear of being hurt. For example Code identifies some of the trigger events that make us fear for our safety as thinking we are running out of room, worrying we going too fast, and awareness of dangers posed by the road layout or other road users.

**Q** So I need to improve my observation?

**A** The more hazards we see, the less take us by surprise. We need to be aware of what's around us - road layout, road surface, other vehicles, what we can't see but may be there. Having scanned one area, move onto the next set of hazards.

The earlier we see hazards, the more time we have to plan. Look as far ahead as possible, scan to either side, and don't ignore the mirrors - hazards can come up on us from behind. We should check the road surface while it is still in the distance - it's too late when there are other more pressing problems to deal with.

We can use peripheral vision, and use road positioning to our advantage, moving out from behind obstacles if safe to do so.

**Q** Surely, all I have to do is have a good look round when that car pulls out in front of me and I'll be fine? You said scanning is useful but only a starting point - explain please?

**A** Scanning is useful, but it's only a starting point. There is a long way to go beyond that. It's too late to think when the car pulls out, because we will panic! We have to be planning our riding long before that, running through various "what if" scenarios in our mind, so that we are not taken by surprise when the worst case scenario does develop in front of us! In other words, we should always be planning ahead and looking for escape routes.

**Q** So I'm scanning and planning. But I still freeze on occasion. What else can help?

**A** A bit of lateral thinking. Now we know what the triggers the reactions, we can sort out what part of our riding actually causes the problem.

We wouldn't be worrying if we were confident in our abilities to get ourselves out of trouble when we find ourselves in it.

When you think about it, everything we do on a bike can be reduced to either changing speed or direction. If we aren't confident with steering or braking, any situation that relies on us to use those skills to get out of trouble is going to scare us. An emergency stop or a sudden swerve when a car pulls out in front of us can get us clear of danger... but what if we can't do one or the other?

There are two main areas of concern for many riders:

- ? a lack of confidence with steering
- ? a lack of confidence with the brakes

To a lesser extent, a lack of confidence with the throttle can also get us into trouble.

Many riders wonder how this generates target fixation. Consider cornering. Frequently on the courses I run, the rider isn't going too fast, but just thinks he/she is!! Usually this combines

with ineffective steering, which often leads to turning into corners far too early, which in turn leads to a line which runs out of room on the exit to the corner, setting off the target fixation panic reaction which is the problem most riders recognize.

Miraculously, as soon as the rider is trained to use the brakes and steering positively on the approach to hazards and to follow the "point and squirt" line in corners, the rider's confidence in his/her own ability to get out of trouble by stopping and steering goes right up, the hazard no longer presents the massive obstacle in the rider's mind that it was, and the target fixation problem largely disappears.

**Q** OK, I believe you. What can I do to improve my cornering now?

**A** My advice would be if you don't already know how to do it, find out about countersteering and go and practice.

Second, practice braking - again if you don't know how to do a safe emergency stop, get some help and start practicing.

Third, start using the brakes positively to sort your approach speed on corners - it's the only way you'll learn how to judge your braking. You don't have to brake harshly, just avoid rolling off and coasting into the bend

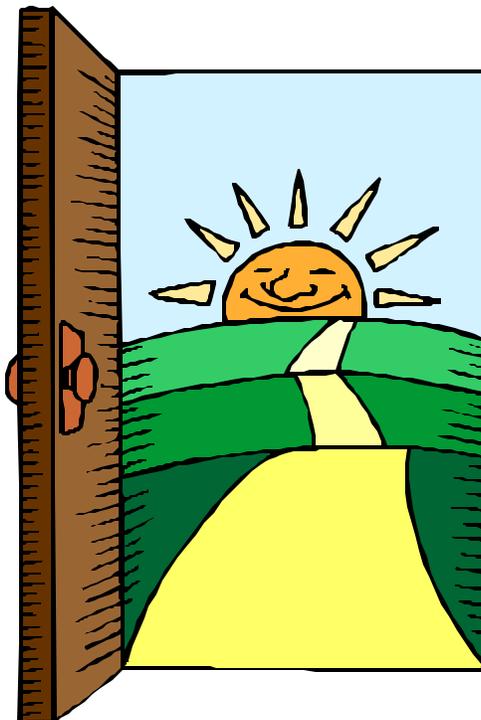
Finally find out about the "Point and Squirt" approach to cornering - going upright deep into the corner, getting the speed low at the point where you turn, turning the bike quickly so it's upright and points at the exit, and driving out positively. Going right back to one of our first remarks, it's a positive, seizing the corner by the scruff of the neck approach, rather than a passive, where is the corner taking me line.

And it works!

**Q** How do I know I'm getting it right?

**A** Simple - apart from not scaring yourself so often, you'll be much more relaxed in your riding!

**This article was copied from the Internet RideSafer Motorcycle Products.**



## 2005 Chapter Couple

## Dan & Martha Jo Fritz

When was the last time you saw an Easter bonnet parade? For Chapter D in Richmond, it is an annual event. Dan and I were able to catch the spectacle, I mean, display, this year. The bonnets were very interesting and diverse. Even the men got into the act. Prizes were awarded to the best female and male entries. It was really quite fun and helped get one in the mood to hunt Easter eggs and eat chocolate bunnies.



While we were at Chapter D's meeting in March, we were fortunate to be the couple chosen to host Ginny, the COY mascot. So Ginny came home with us for a short visit and a sleep over with our little family, including the Shar Peis. Ginny had a good time but decreed that dogs really do drool and that it is pigs that rule.

When Ginny left our house, she went to visit with Jim and Bev so that she could shop for more jewelry. You know that a girl can never have too much. She is now sporting new earrings with Gold Wings dangling from them. She is really getting into the groove with her new GWRRA family.



Pigs may rule but sometimes they aren't real smart. When it came time for Ginny to leave Jim and Bev's, she was to travel with them to the training meetings. There, she would have been awarded to another chapter couple. Like most young pigs, she was too excited to listen properly to instructions. You know how kids (No, that's a goat.), uh, piglets are – they never listen. Well, Ginny got into the wrong car and got left behind. Oh, these young swine. What are you to do with them today? Anyway, Ginny will be at Chapter I in Manassas on Sunday so that she can go visit with someone else for a while.

I have saved our biggest news for last. Janiel, Dan's oldest daughter, presented us with our seventh grandchild. Aden Alexander Brown was born on March 14<sup>th</sup>. Our little grandson only weighed 9 lb, 7 oz and was 20.5 " long. No, he's not walking and talking yet, despite his size, but Dad is interviewing NFL football teams. He is a cutie. We think we will keep him, too.

Reminder!!! Don't forget to pre-register for the All Chapters Couples Picnic to be held August 23. This is the only way to insure that there will be a plate of food with your name on it. Come with us and have a really good time. Hope to see you there.



## DISTRICT & REGION NEWS



**REGION N RALLY ANNOUNCEMENT** - Mike & Angie Mitchell, Region N Directors, announce that the 2005 Region N Rally will be held on May 19 - 21 at the Eagles Nest Theater, in beautiful Maggie Valley, NC. The Mitchell's say "The Eagle Nest is an 800 seat newly built music theatre that should suit our needs wonderfully. We will have plenty of room for all activities and vendors on site. There are plenty of hotels, campgrounds and full service restaurants in Maggie Valley to take care of everyone. The townspeople have opened their arms to us and are as excited to have us as we are to be there. The Region Staff will be working the area over the next few months to secure sponsorships, host hotels and other goodies that will enhance the Rally."

### **Region N Rally Chapter Challenge**

Region N announces a Chapter Challenge to all Chapters within Region N for this year's Appalachian Adventure in Maggie Valley, NC. And those of you who have already pre-registered are one up on those that haven't.

Here's the way it goes. Each participant will receive one point for specific events that they attend while at the Region N Rally. Those points are received for the following:

- Pre-Registration**
- Scavenger Hunt**
- Attending a Seminar**
- Bike Parade**
- Poker Run**
- Best Dressed Contest**
- Bike Show**

On Saturday evening before closing, the points will be tallied and the winner will be that chapter who has the most points by Chapter percentage. That Chapter will be

announced at closing on Saturday night, and will be our Region N Chapter of the Year. They will receive a trophy that will be kept by the Chapter until the next year's Rally, their chapter events will be highlighted in Region N newsletters and on our Region N web site, and they will get preferred seating at next year's Region N Rally. Photos will also be taken and an article about the Chapter will be submitted to Wing World for consideration. Wherever they visit, they will be welcomed as Region N Chapter of the Year. We are very excited about the Chapter Challenge and hope the Chapters will be too!

Good luck to everyone!  
Mike & Angie Mitchell  
Region N Directors

**VA DISTRICT HAS NEW RALLY REGISTRATION COORDINATORS** - Congratulations to John & Anita Raines (Former CDs of VA-U - Hanover) for accepting the position as VA District Rally Registration Coordinators. We are all sorry to see Dave & Lois Nichols, step down from this position after years of service to Virginia. They have done a marvelous job and made the registration process at Rally in the Valley a very smooth process. We know that John & Anita will do a super job in stepping into their shoes. Thanks to them all for their dedication to GWRRA VA.

**GWRRA NATIONAL EXECUTIVE DIRECTOR RESIGNS** - Mike Wright, GWRRA President & Executive Director, unexpectedly announced his resignation effective Apr. 30, 2005. The announcement states that he will continue his duties until such time as a new director is named. Mike & Judy will be moving back to Indiana to retire. Region N Director Mike Mitchell states, "I do not expect this to affect the future, goals, and operations of Region N. I will say that I have enjoyed working with him and Judy both and I will truly miss that relationship." We all wish Mike & Judy the best in their upcoming retirement.

## **All Chapters' Picnic 2005**

**This year, the GWRRA VA District Couple of the Year and all the VA Chapter Couples will be presenting the All Chapters' Picnic on Sat., July 23 at Dorey Park in Richmond. The event will be catered, so you must be pre-registered to be guaranteed a meal. As usual there will be the "Chapter Challenge" with the winning chapter receiving preferred seating at Rally in the Valley Banquet & Closing Ceremonies. There will be games, contests and an auction. You don't want to miss out on all the fun.**

**VA MOTORCYCLE LOBBY DAY A TREMENDOUS SUCCESS** - January 17 was the Annual Motorcycle Lobby Day at the VA Capital. This year there were well over 150 motorcyclists who participated in the Saturday Jan. 16 orientation session. The next day, the 17th, the largest contingent of motorcyclists yet visited with their legislators to discuss

issues of importance to motorcyclists is Virginia. Following the session, all the attendees were treated to a fantastic lunch buffet at Penny Lane Pub provided by our friend and fellow GWRRA participant, Tom McGrath.

**VA-W TAKES VIRGINIA PLAQUE** - Chapter VA-W (Chester) went to Chapter VA-F's (Winchester) Crazy Supper on March 5 and came away with the Virginia Traveling Plaque.

**CHAPTER VA-W CAPTURES REGION PLAQUE** - Chapter VA-W sent a raiding party down south of the border to Chapter NC-U's (Lumberton, NC) meeting on Apr. 9th and returned home with the Region N Plaque. Congratulations to you guys. Now we've got to keep it here for a while so you other chapters get out there on Tues. Apr. 12th and let's get it further from the border.

### CHAPTER NEWS

## Birthdays

Linda Jones	2
Keri Nelson	26



## Anniversaries

Bob & Sandy Renner	8
Lloyd & Mary Messner	19

As many of you know, I have been the newsletter editor for several (I don't even know how many) years. I have enjoyed doing it and have learned a lot. However, it is time that I give up this position. I can't seem to devote the time that I use to on it and so have let many of you down lately. For this reason, I will be stepping down as newsletter editor at the end of this year. I am looking for someone to take over this position. I will be more than willing to help anyone get started and "show them the ropes". I have all the needed software and information. This has been a wonderful, fun time, but as with anything it is time to move on and let someone else step up. Anyone interested please contact me or Jim. Thanks for all your help, encouragement and support. Kathy

### CHAPTER "E" POT LUCK 3-19-2005

Thank you to everyone for attending our Pot Luck dinner the evening of March 19<sup>th</sup>. We had a wonderful time with you and hope you did the same. For those that missed it you missed some great food and desserts. The following attended: Harland & Sharon Brooks, Ron & Linda Hardisty, Jim & Bev Travis, Bob & Linda Jones, Lloyd & Mary Messner, Cory Brooks, MaryLynn Groves, Nancy & Butch Groves, Mark Hardisty, Jim & Linda Sullivan, Bob & Ella Dorminey, Dan Fritz, Carol & Mike Lucas, Barry Sisson, Sharon & Don Nissen, Tracey & Wayne Antoine, TJ & Shanice StClair, Jim & Christy Bass, and Ed and Wanda Hoeferkamp. As far as we know, no one left hungry. Thanks again for coming, it meant a lot to us.

ED AND WANDA HOEFERKAMP

**Sales & Service/  
Parts & Accessories  
For ATV's, Motorcycles.  
PWC's & Jet Boats**



**430 Kings Highway  
Fredericksburg, VA 22405  
Phone (540) 899-9100  
Fax (540) 899-9693**

## **FREDERICKSBURG MOTOR SPORTS**

*The One for FUN*



### **NEW FACILITY NOW OPEN**

On Saturday, March 26th, Greg Kestner and I attended the Certified Seminar Presenter training course sponsored by GWRRA. This is the first step in a new program requiring all trainers to be certified by GWRRA. Our next step is to present a seminar while being monitored by a certified presenter, then we will be fully certified. That being said, there will be some upcoming seminars this Spring (dates to be announced soon.) We will have a Road Captains course, Co-Rider course and Team Riding course. I would also like to fit

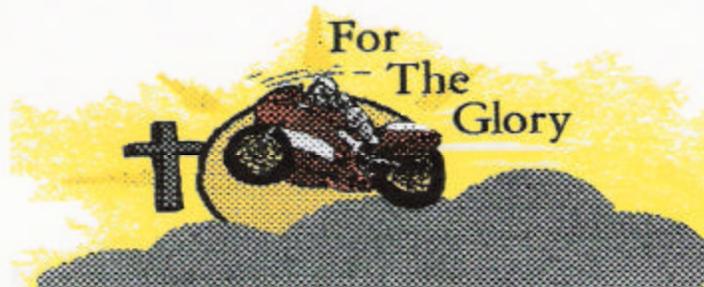
in a Trailing course for those with trailers. In addition, Greg and I will schedule a parking lot practice and a maintenance day.

I will be on vacation during the week of our April general meeting and will not be there. I will miss you all but will see you soon.

Think, Practice & Ride Safe,  
Gordon

Congratulations to Ray!!! He has successfully completed the MSF Instructor/Rider Coach course. He now is one of 4 coaches in Chapter E.

**FOR SALE: Honda Metropolitan Scooter. In excellent condition with very low mileage. Included is a new full face matching helmet. \$1500 for both. Call Kathy @ 540-371-9296 or e-mail [jo flute@cox.net](mailto:jo flute@cox.net).**



## *Motorsport*

8517 Jefferson Davis Highway  
Fredericksburg, VA 22407  
PH (540) 834-0420  
Fax (540) 834-0425

**We Offer Service By Appointment  
Also Same Day Service  
On Tires & Oil Changes  
(If parts are in stock – call ahead)**

**Check Out Our  
Selection Of Street and Dirt  
Riding Apparel & Accessories**

**Hours: Tues – Fri 9am to 6pm  
Sat 9am – 3pm  
Closed Sun & Mon**

**CHRISTIAN OWNED  
Service-Minded Attitude  
We are committed to  
Serving Our  
Motorcycle Community**

**Over 50 Years Experience  
All Riders, Motorcycles & ATVs**

**American, European, Japanese  
Street & Dirt**

**UPCOMING EVENTS**

- April 3<sup>rd</sup>:** E.R.C. Course. See Gordon
- April 7<sup>th</sup>:** **Chapter E Staff Meeting**
- April 9<sup>th</sup>:** Ch. X (Salem) Bike Show
- April 16<sup>th</sup>:** Ch C Spring Thaw
- April 17<sup>th</sup>:** Ch L Poker Run
- April 20<sup>th</sup>:** **Chapter E Monthly Meeting**
- April 21<sup>st</sup> – 24<sup>th</sup>:** TN District Rally
- April 23<sup>rd</sup>:** Ch. U Memorial Ride
- April 24<sup>th</sup>:** Ch. D Picnic
- April 30<sup>th</sup>:** Ch. H Fundraiser
- May 5<sup>th</sup>:** **Chapter E Staff Meeting**
- May 7<sup>th</sup>:** Ch. R Country Roads Poker Run



**CHARMS  
R US** BY BJ

**Only the Best in Earrings and Charms**

**Beverly Travis  
480 Holly Way  
Colonial Beach, VA 22443  
E-mail [jetravis@juno.com](mailto:jetravis@juno.com)**

**Ph. (804) 224-8051**

Here is a new sponsor for our newsletter. Let's show our support.



\*\* We're Movin' on Up to a Bigger and Better Location!!!! \*\*

Plan to Visit us at our New Shop, located at McKay's Plaza in Charlotte Hall, just 5 minutes from our current location – 3 times the size – 3 times the goodies!

Look for our Grand Opening, coming SOON!!!

*Call us today about hosting your next Garage Meeting*

!!!NOW IN STOCK – THE NEW CABERG HELMETS !!!!

(formerly Jarrow Mono X2) –

The only convertible flip-front with integrated sunglasses – why have 2 helmets/headsets when this one helmet has it all???

-----

IT'S TIRES TIME AGAIN

NOW IN STOCK – DUNLOP ELITE 3'S

(WE ALSO CARRY BRIDGESTONE AND AVON)

INSTALLED incl. DYNAMIC BALANCING - Examples:

GL1800 – DUNLOP ELITE 3'S - \$ 385.00 DUNLOP D250'S - \$ 345.00

GL1500 – DUNLOP ELITE 3'S - 360.00

High Quality Service – Competitive Pricing – Pick Up and Delivery Available

Open Tues.-Fri. 10-6, Sat. 9-1 and Sun. and Mon. By Appointment